

## SECTION: CLAIM AMENDMENTS

Pursuant to 37 CFR 1.121, a complete listing of all claims in the application, and their status, is set forth below. The text of each pending claim is also provided. Please amend the pending claims as follows, wherein added matter is underlined and deleted matter is ~~stricken through~~ or ~~[[double bracketed]]~~ in the text of the currently amended claims, relative to the immediate prior version. The claims in this listing are deemed to replace all prior claims in the application.

1. (Currently Amended) Training trousers, for use particularly in training improving muscular condition, to increase the stress of the training and including additional weights, characterized in that the additional weights (~~3~~) are formed of rubber or plasticbased sheet material that essentially conform to the shape of the wearer's body and are located in the trousers on both sides and also at least partially on the front and back sides of the thighs as essentially uniform plates.
2. (Currently Amended) Training trousers according to claim 1, characterized in that the sheet material (~~3~~) is equipped on at least one side with fabric or cloth attached to it, which, if desired, can ~~having~~ have padding properties.
3. (Currently Amended) Training trousers according to claim 1, characterized in tha the sheet material (~~3~~) is equipped with cuts or slits, in order to improve flexibility and comfort.

4. (Currently Amended) Training trousers according to ~~any of the above claims~~ claim 1, characterized in that the pieces ~~(3)~~ of sheet-like material forming the additional weights are located in pocket-like parts of the apparel, which can if necessary be opened/closed.